Universiti Brunei Darussalam



UBD
SUSTAINABLE LIVING GUIDE

Sustainability starts here,
with everyday actions.





SUSTAINABLE CAMPUS PRACTICES

Energy Conservation

- Switch off unused power
- Set airconditioners to 23-25 °C
- Choose natural light and ventilation
- Choose energy-efficient devices
- Report electrical faults

Water Conservation

- Turn taps off fully
- Report leaks immediately
- Use water-saving fixtures
- Harvest rainwater for plants

Waste Management

- Separate waste correctly
- Use campus recycling bins
- Avoid single-use plastics
- Join recycling and upcycling initiatives



DIGITAL SUSTAINABILITY

- Use cloud storage
- Unsubscribe from unnecessary emails
- Reduce screen brightness
- Switch off or enable power-saving modes on computers, monitors and projectors when not in use
- Recycle e-waste responsibly



RESPONSIBLE PAPER USE

- Print only when necessary
- Use double-sided printing
- Reuse paper for notes
- Store documents digitally
- Recycle paper correctly



SUSTAINABLE TRANSPORTATION

- Walk or cycle on campus
- Use shuttle service or carpool
- Maintain vehicles regularly
- Support EV use



SUSTAINABLE LIVING IN RESIDENCES

- Choose fans over air-conditioning
- Wash full loads and air-dry clothes
- Share appliances where possible
- Decorate with plants and eco-friendly materials
- Donate, reuse or recycle items when moving out



RESPONSIBLE PLASTIC USE

- Use reusable bottles and cups
- Avoid plastic bags
- Avoid single-use plastics
- Choose minimal packaging
- Recycle plastics properly



GREEN SPACES AND BIODIVERSITY

- Join tree-planting activities
- Keep natural areas clean
- Respect wildlife and habitats

RESPONSIBLE FOOD CONSUMPTION

- Choose local and seasonal food
- Take only what you need
- Use reusable containers
- Choose plant-based options
- Pack or donate surplus food responsibly
- Support composting initiatives

SUSTAINABLE EVENTS



- Use digital invitations and QR codes for attendance and materials
- Use digital banners only, unless necessary
- Avoid single-use items
- Provide water dispenser/jugs instead of bottled water
- Set up recycling points with clear labels
- Choose locally-sourced, eco-friendly souvenirs or gifts
- Coordinate shared transport for speakers or participants, where possible
- Plan menus based on confirmed attendance to avoid food waste
- Ensure inclusive and accessible event design

RiS